

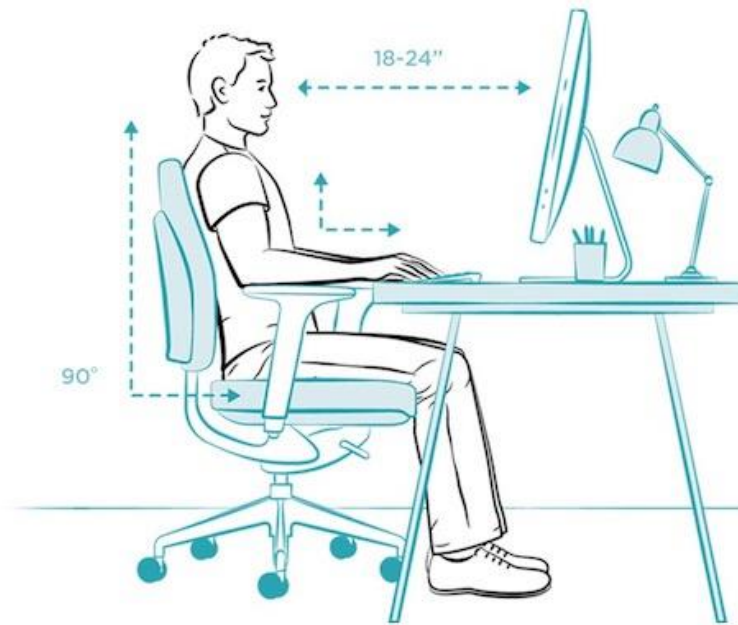
Work from Home Safety: At-Home Ergonomics

By: Frankie Giannetti, Loss Control Manager at IRMA

Across the country, more people than ever have been asked to work from home. While many of our administrative jobs do have the opportunity to do work remotely from time to time; it can be difficult to work away from our designated workstations and keep sound ergonomic practices in mind. Emphasis should be placed on proper body mechanics and posture no matter the location work is being done. IRMA has rounded up resources to assist employees in setting up workstations at home that offer the most comfort and productivity.

- ❖ Set up a designated workspace – Create an environment mimicking the one you have at the office. Reference this [infographic](#) or this [safety talk](#) on setting up a remote workspace.
- ❖ Posture is key - Avoid prolonged sitting on a couch, bed, or dining room chair throughout the workday. Office chairs are designed to support the entire body while working at a computer and creating similar support at home can minimize discomfort. If no office chair is available, a rolled-up towel can be used to give lumbar support and pillows to cushion the seat of a standard chair. Use the attached photos to practice good posture throughout the day.
- ❖ Keep it moving – We're losing a lot of steps that we don't think about like walking to and from the parking lot, trips down the hall to the bathroom, or picking up papers from the printer several times a day. Stay mobile by trying these sample stretching exercises offered by [Athletico](#). These and many other exercises can be adapted to individual comfort and ability level.
- ❖ Now is the perfect time to get employees caught up on compliance training, from job-specific or regulatory needs to HR topics. IRMA has online streaming training for office ergonomics that can be viewed by employees from any location they have an internet connection. Office ergonomics streaming video can be found under the Back and Ergonomics section in the [Full Video Playlist](#).

after



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1
LOW BACK
slightly arched and fully supported

2
FEET
flat on floor

3
**EARS
SHOULDERS
HIPS**
in line

THE POSTURE ESSENTIALS CHECKLIST

- FEET flat on the floor.
- LOW BACK slightly arched & fully supported.
- EARS, SHOULDERS & HIPS in line.
- WRISTS in line with mouse & keyboard.
- ELBOWS at 90 degrees.

TAKE A BREAK
EVERY 30
MINUTES!



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 DrEmilyKiberd